



Spoke City: A Guide to Navigating Raleigh by Bicycle



So, you want to plan a
bike ride in Raleigh?

That's great!

But where to begin?

Getting around Raleigh by bike can feel intimidating and unsafe, but with a little planning, you'll find a lot great options for a fun, low stress bike ride.

Route Planning:

Plan on your phone, laptop, or desktop:

Strava (app and browser)



- Good for finding popular routes via heatmap
- Able to see POI and user shared location photos
- Fully customizable route mapping
- Can save routes
- Has mobile app that can follow routes and navigate
- Social component, challenge yourself or challenge your friends

Ride With GPS (app and browser)

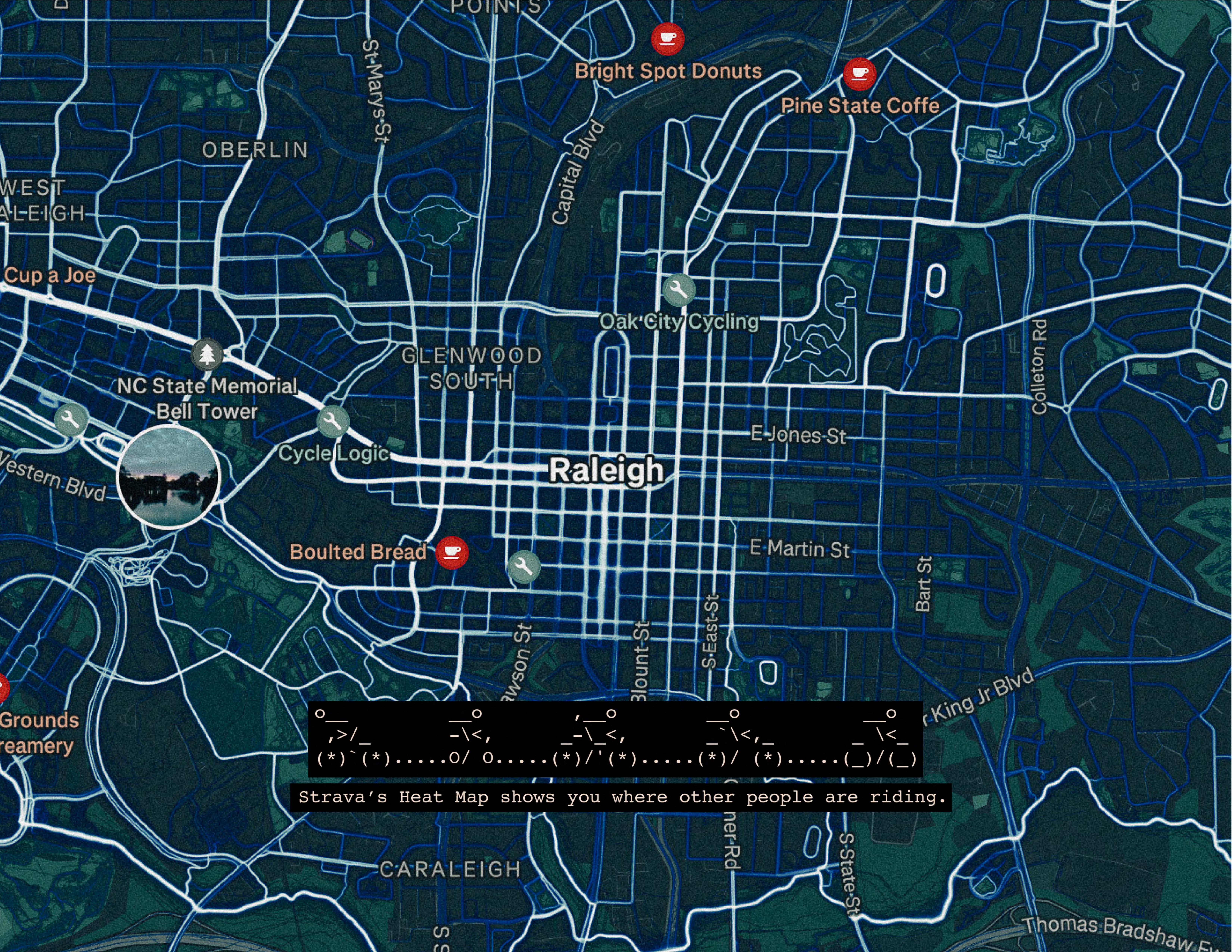


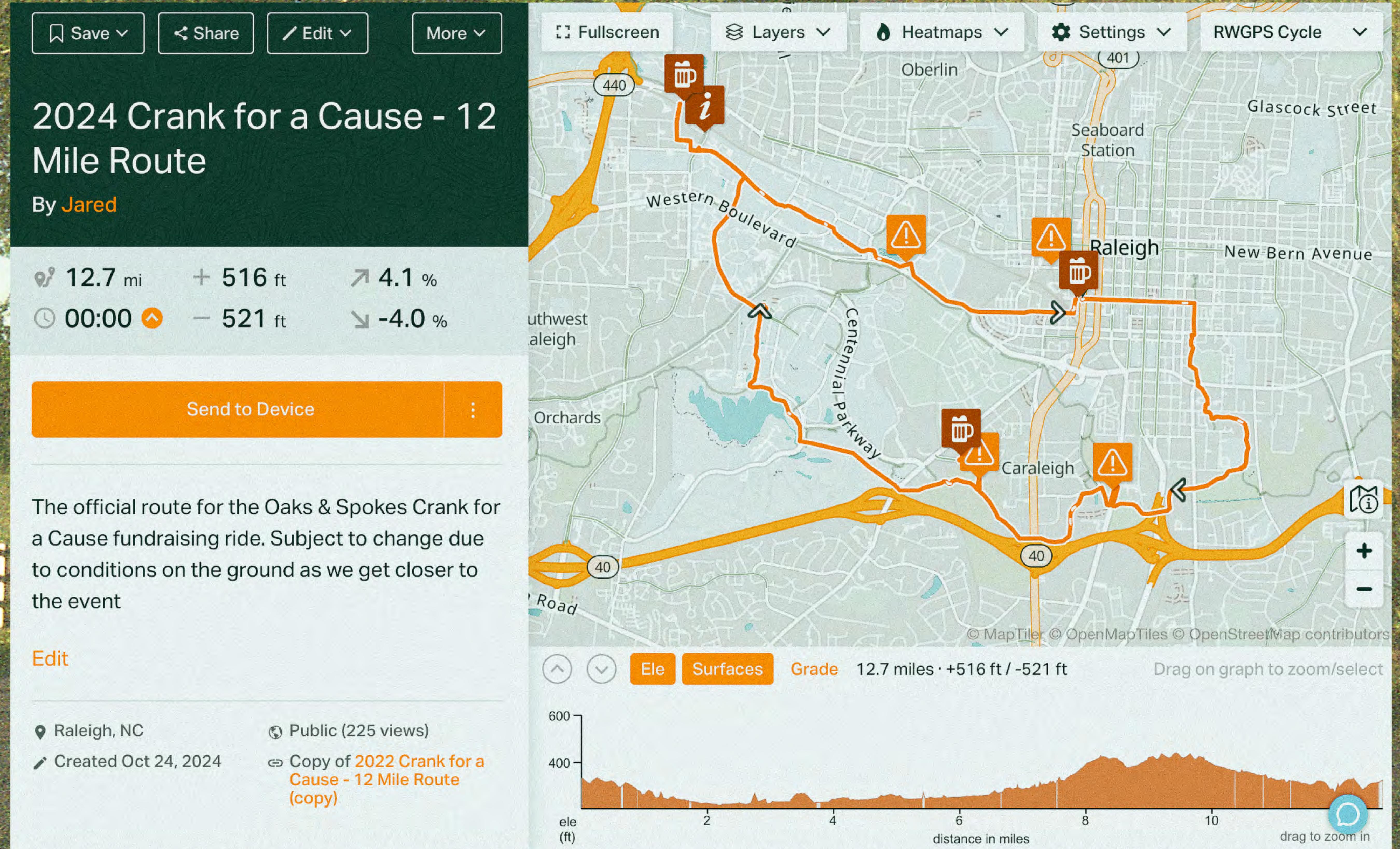
- Fully customizable route mapping
- Can save routes
- Can export routes to share or be used by other apps
- Can export routes to be used with cycling computers, e.g. Garmin, Wahoo, and Hammerhead computers.
- Less options with browsing other users' created routes
- Has mobile app that can follow routes and navigate

Cyclers.app (app and browser)



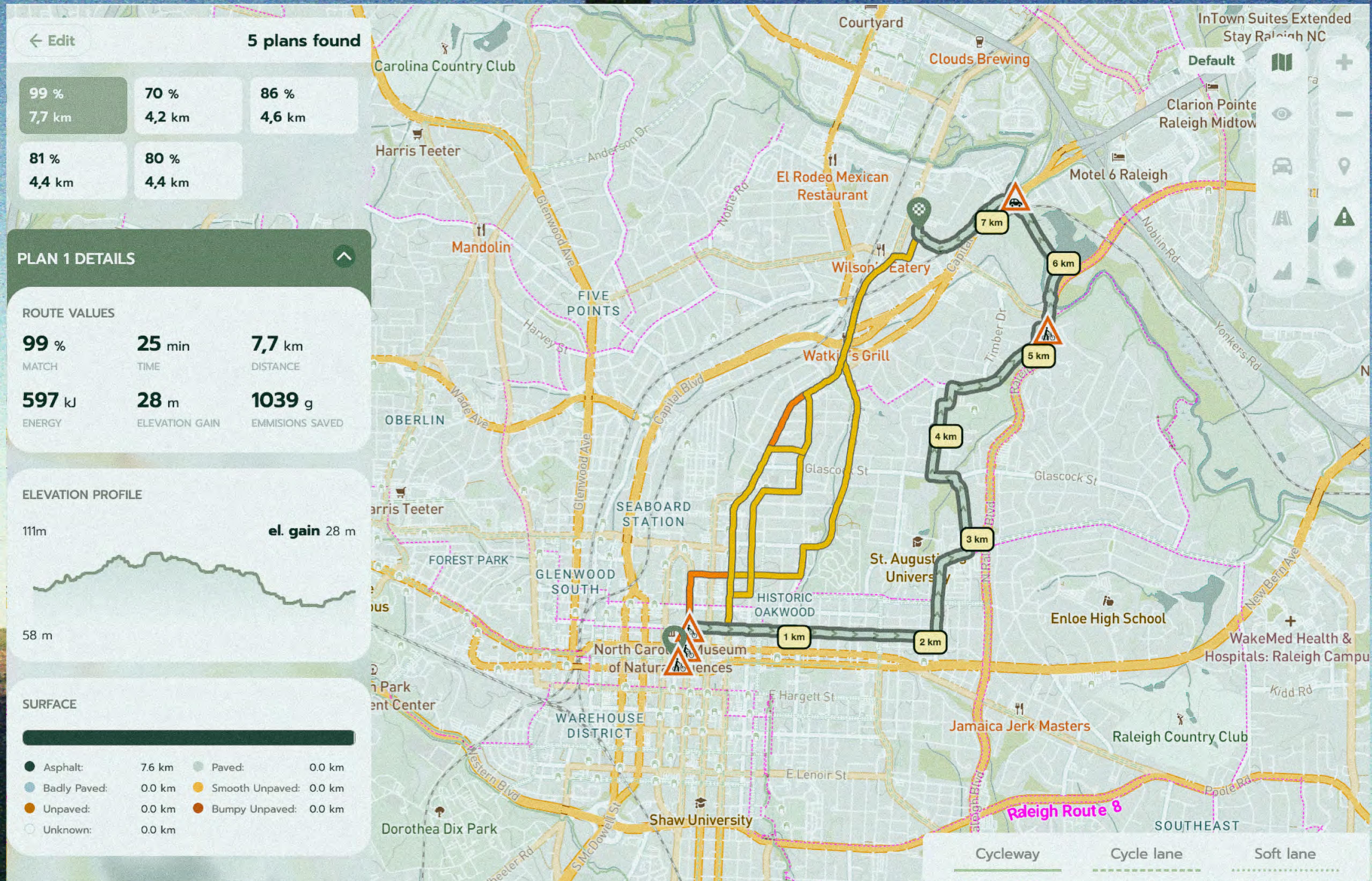
- Route planning by preferred terrain
- Route planning with safe routes prioritized over shortest distance
- Provides several alternate options for each route
- Emissions Saved counter for each trip planned
- New app and thus some map data is still missing





Ride With GPS is a great way to plan a detailed route turn by turn.

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Cyclists prioritizes safety and comfort over shortest distance and time.

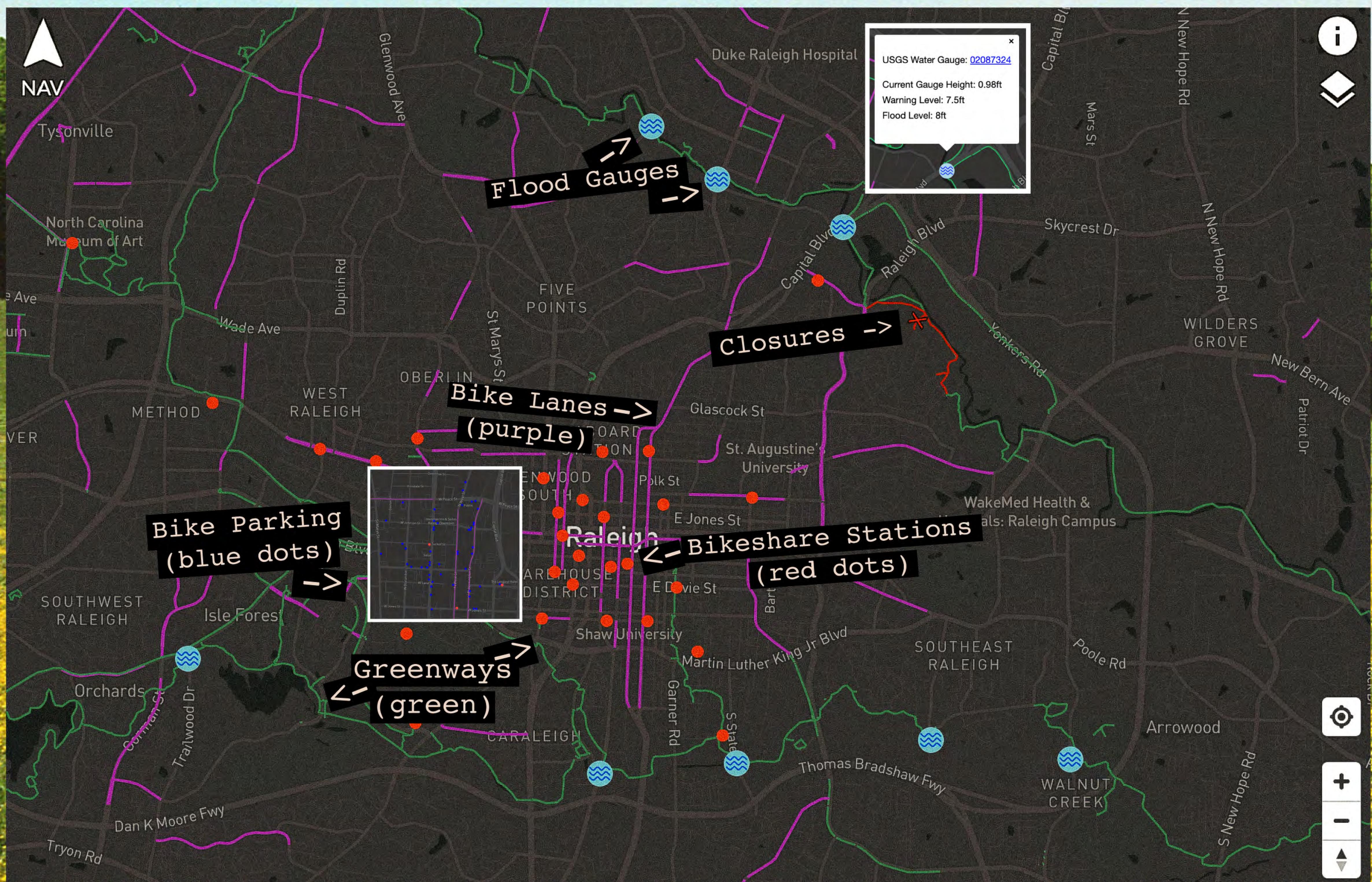


Are you over apps or don't want tech companies to track your movement?

Yeah, we get that.

Oaks and Spokes has a independent, comprehensive bikeway map
at map.oaksandspokes.org.

Our map features:



map.oaksandspokes.org





Still a little nervous about riding in the road?

Take the greenway!

Raleigh has over 100 miles of connected greenway trail. The greenways are paved, multi-use trails that run beside the many creeks and streams in Raleigh.

They are away from roads, and thus away cars.

They are shaded.

They are connected to parks, forests, and wetlands.

They are open during daylight hours only.

The greenways don't take you everywhere you need to go, but they are a great option for some trips.

Look for the signs!

Check out the greenway map!



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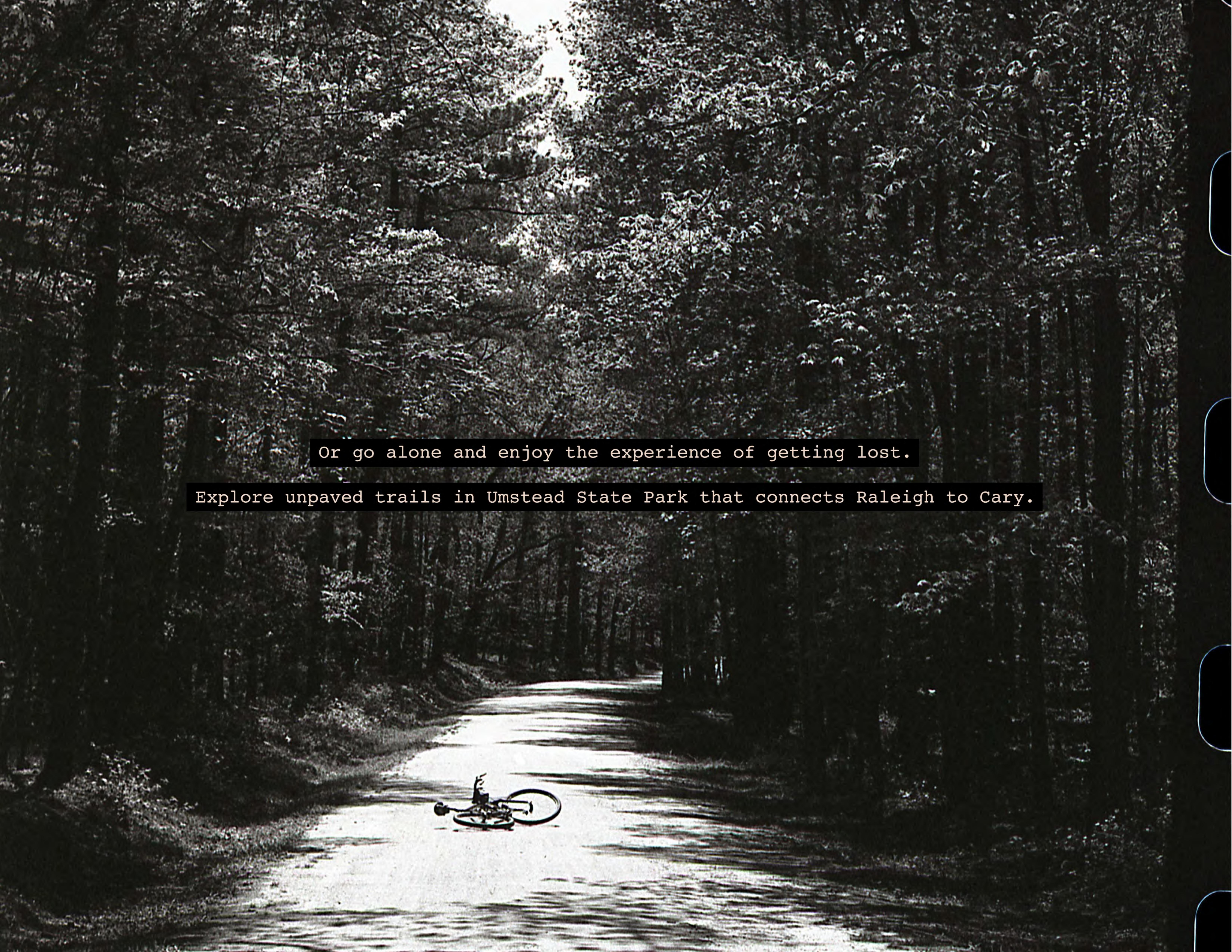


A photograph of three young adults sitting on a grassy hillside. A bicycle is leaning against a tree trunk on the left. The person on the right wears a striped shirt and shorts, looking towards the center. The person in the middle wears a cap and sunglasses, looking towards the left. The person on the left wears a dark top and shorts, looking towards the center. They appear to be looking at a small device held by the person in the middle.

Take a ride with a friend.
You don't have to go alone.



Or let a bike ride be the reason to meet someone and make a new friend.



Or go alone and enjoy the experience of getting lost.

Explore unpaved trails in Umstead State Park that connects Raleigh to Cary.

Because when you're on a bike, you see and discover the world with a new set of eyes.





When you're behind the wheel of a car, you miss out on your city's unique character.



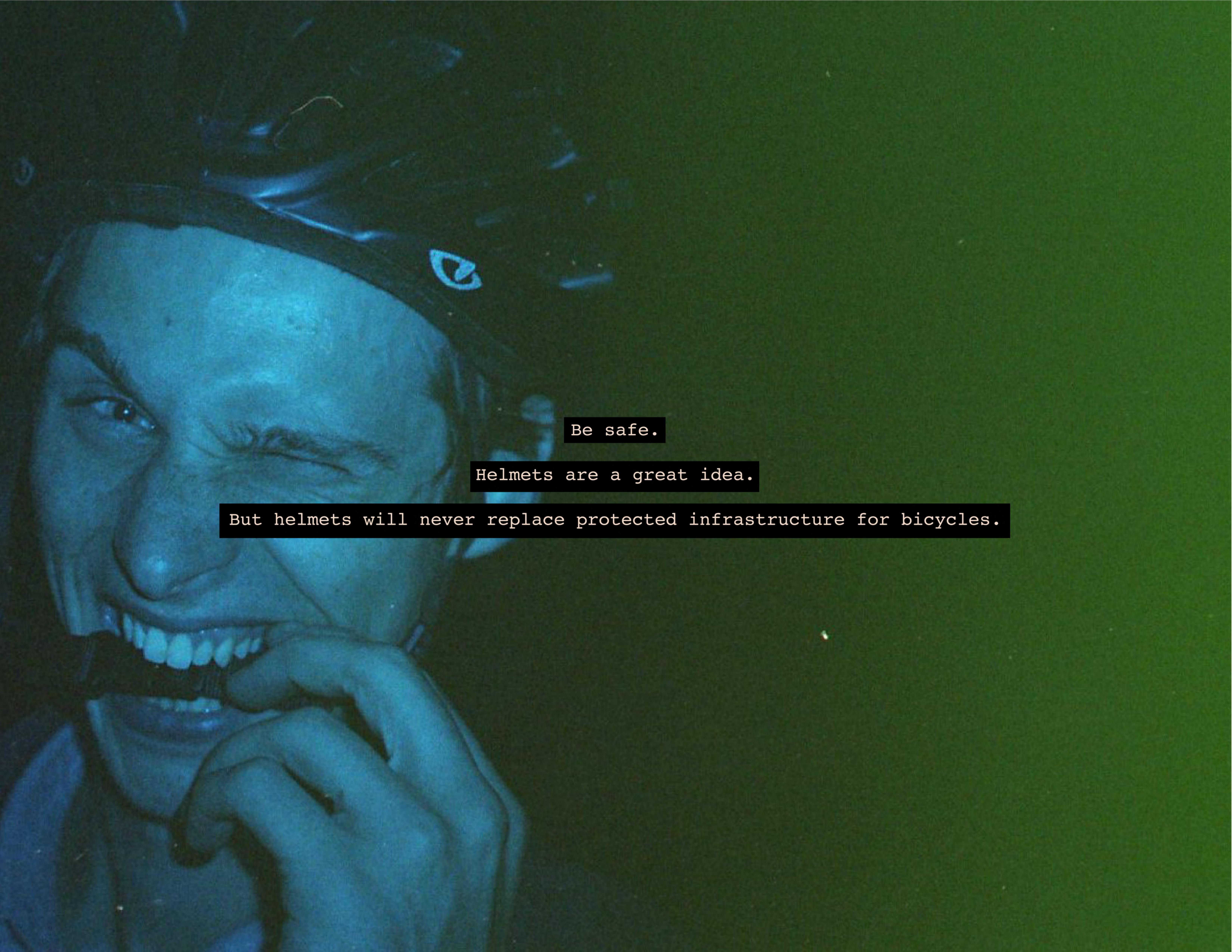
Get yourself a bike basket or bag so you can carry some essentials.

- Water
- Lock
- Lights
- Flat Repair Kit
- Multi-tool
- Snacks
- Camera
- Stickers
- Money
- Phone

A low-angle, nighttime photograph of a person riding a bicycle away from the viewer. The bicycle has a red light on the back that is glowing brightly. The rider is wearing a dark jacket and pants. The background is dark, with some blurred lights from streetlights or other vehicles.

Take a camera and document

your friends looking rad on their bike.



Be safe.

Helmets are a great idea.

But helmets will never replace protected infrastructure for bicycles.



When you find your groove, and you begin to ride more and more, you'll discover that...

Riding a bike is peace.



Riding a bike is protest.

WON'T YOU BE MY NEIGHBOR

Riding a bike is community building.





Riding a bike is discovery and rediscovery.



Riding a bike is grounding.



A photograph of a person riding a bicycle at night. The bicycle's front wheel is brightly lit from below, casting a long, glowing white beam across the dark, wooded background. The rider is wearing a yellow headband and a blue jacket. A black rectangular box contains the text.

Riding a bike is happiness.



A photograph capturing a person from behind, riding a bicycle along a city street during sunset. The cyclist is wearing a red t-shirt and dark shorts, with a black backpack. The street is lined with buildings on the left and trees and parked cars on the right. The sun is low on the horizon, casting long shadows and a warm glow. A speed limit sign is visible in the foreground. The overall atmosphere is peaceful and suggests a healthy lifestyle.

Riding a bike is freedom.

Draw a scene from your ride:

Write something inspired by your ride:



You got this.

Thank you for riding your bike.

Oaks and Spokes is a biking and active transportation advocacy
and community building organization in Raleigh, NC.

www.oaksandspokes.org, @oaksandspokes, info@oaksandspokes.org

Photos and design by Southern Wonders.

